

Operation Guide 5745

CASIO®

ENGLISH

You can also find information about operational procedures at the CASIO website.

<https://s.casio.jp/mw/en/5745/>

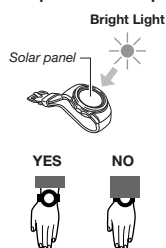


EN-1

Getting Acquainted

Keep the watch exposed to bright light

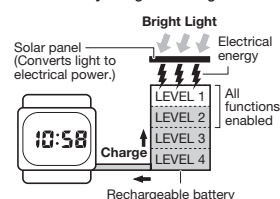
- The electricity generated by the solar panel of the watch is stored by a built-in battery. Leaving or using the watch where it is not exposed to light causes the battery to run down. Make sure the watch is exposed to light as much as possible.
- When you are not wearing the watch on your wrist, position the face so it is pointed at a source of bright light.
 - You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is only partially covered.



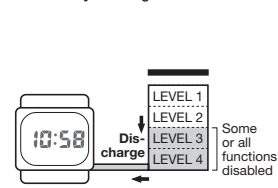
EN-2

- The watch continues to operate, even when it is not exposed to light. Leaving the watch in the dark can cause the battery to run down, which will result in some watch functions being disabled. If the battery goes dead, you will have to re-configure watch settings after recharging. To ensure normal watch operation, be sure to keep it exposed to light as much as possible.

Battery charges in the light.



Battery discharges in the dark.



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- The actual level at which some functions are disabled depends on the watch model.
- Be sure to read "Power Supply" (page EN-41) for important information you need to know when exposing the watch to bright light.

If the display of the watch is blank...

- If the display of the watch is blank, it means that the watch's Power Saving function has turned off the display to conserve power.
- See "Power Saving Function" (page EN-54) for more information.

About This Manual



- Button operations are indicated using the letters shown in the illustration.
- Each section of this manual provides you with the information you need to perform operations in each mode. Further details and technical information can be found in the "Reference" section.

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Procedure Lookup

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Watch Features

- ◆ Solar powered operation
- ◆ World Time
- ◆ Alarm
- ◆ Timer
- ◆ Stopwatch

You can also find information about operational procedures at the CASIO website.



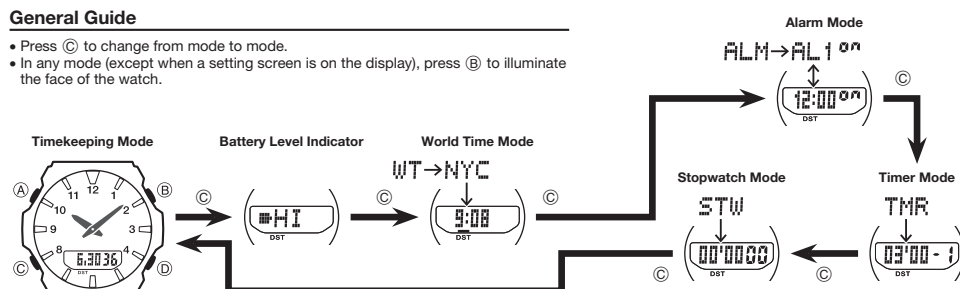
<https://s.casio.jp/mw/en/5745/>

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General Guide

- Press (C) to change from mode to mode.
- In any mode (except when a setting screen is on the display), press (B) to illuminate the face of the watch.



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You can also find information about operational procedures at the CASIO website.

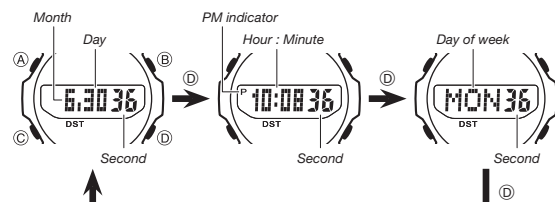


<https://s.casio.jp/mw/en/5745/>

Timekeeping

Use the Timekeeping Mode to set and view the current time and date.

- When setting the time, you can also configure settings for the 12/24-hour format.
- Each press of (D) cycles the digital display in the sequence shown below.



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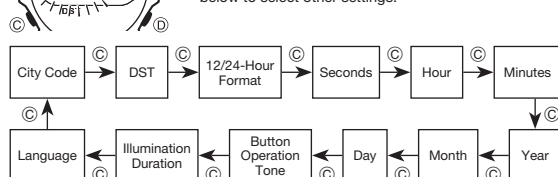
- All of the operations in this section are performed in the Timekeeping Mode, which you can enter by pressing (C) (page EN-12).

Setting the Digital Time and Date

Make sure you select your Home City code before you change the current time and date settings. World Time Mode times are all displayed in accordance with the Timekeeping Mode settings. Because of this, World Time Mode times will not be correct if you do not select the proper Home City code before setting the time and date in the Timekeeping Mode.

To set the current digital time and date

- In the Timekeeping Mode, hold down (A) for about two seconds, until "ADJ" appears on the display.
 - Your current Home City code will be flashing on the screen.
- Press (C) to move the flashing in the sequence shown below to select other settings.



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- While the setting you want to change is flashing, use (D) and (B) to change it as explained below.

Screen:	To do this:	Do this:
TYO	Change the city code	Press (D) (east) and (B) (west).
OFF	Toggle between Daylight Saving Time (ON) and Standard Time (OFF).	Press (D).
12H	Toggle between 12-hour (12H) and 24-hour (24H) timekeeping	Press (D).
36	Reset the seconds to 00	Press (D).
P 10:08	Change the hour or minutes	Use (D) (+) and (B) (-).
20 25	Change the year	
6.30	Change the month or day	

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Screen:	To do this:	Do this:
MUTE	Toggle the button operation tone between KEY (on) and MUTE (off)	Press (D).
LT1	Toggle the illumination duration between LT1 (approximately 1.5 seconds) and LT3 (approximately 3 seconds).	Press (D).
ENG	Change the day of the week language ENG: English POR: Portuguese ESP: Spanish FRA: French DEU: German ITA: Italian	Use (D) (+) and (B) (-).

- See "City Code Table" at the back of this manual for a complete list of available city codes.

- Press (A) to exit the setting screen.
- The day of the week is automatically displayed in accordance with the date (year, month, and day) settings.

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12-hour and 24-hour timekeeping

- With the 12-hour format, the P (PM) indicator appears to the left of the hour digits for times in the range of noon to 11:59 p.m. and no indicator appears for times in the range of midnight to 11:59 a.m.
- With the 24-hour format, times are displayed in the range of 0:00 to 23:59, without any indicator.
- The 12-hour/24-hour timekeeping format you select in the Timekeeping Mode is applied in all other modes.

Daylight Saving Time (DST)

Daylight Saving Time (summer time) advances the time setting by one hour from Standard Time. Remember that not all countries or even local areas use Daylight Saving Time.

To change the Daylight Saving Time (summer time) setting

- In the Timekeeping Mode, hold down (A) for about two seconds, until "ADJ" appears on the display.
 - Your current Home City code will be flashing on the screen.
 - Press (C) once to display the DST setting screen.
 - Press (D) to toggle between Daylight Saving Time (ON displayed) and Standard Time (OFF displayed).
 - When the setting you want is selected, press (A) to exit the setting screen.
- The **DST** indicator appears on the display to indicate that Daylight Saving Time is turned on.

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Analog Timekeeping

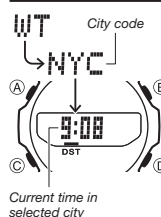
The analog time of this watch is synchronized with the digital time. The analog time setting is adjusted automatically whenever you change the digital time.

Note

- The hands for the analog timepiece move to adjust to a new setting whenever any of the following occurs.
 - When you change the digital time setting
 - When you change the Home City code and/or DST setting
- If the analog time does not match the digital time for any reason, use the procedure described under "To adjust home positions" (page EN-50) to match the analog setting to the digital setting.
- Whenever you need to adjust both the digital and the analog time settings, make sure you adjust the digital setting first.
- Depending on how much the hands have to move in order to synchronize to the digital time, it may take some time before they stop moving.

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World Time



The World Time Mode digitally displays the current time in 48 cities (31 time zones) around the world.

- If the current time shown for a city is wrong, check your Home City time settings and make the necessary changes (page EN-15).
- After you press (C) to enter the World Time Mode, your currently selected World Time City code will appear on the digital display for about two seconds. After that, the current time in that city will appear.
- All of the operations in this section are performed in the World Time Mode, which you enter by pressing (C) (page EN-12).

Current time in selected city

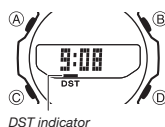
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To view the time in another city

If you press (D) while in the World Time Mode, your currently selected World Time City code will appear on the digital display for about two seconds. After that, the current time in that city will appear. Pressing (D) again while the World Time City code is displayed will scroll to the next city code.

- For full information on city codes, see the "City Code Table" at the back of this manual.

To toggle a city code time between Standard Time and Daylight Saving Time



- In the World Time Mode, use (D) to display the city code (time zone) whose Standard Time/Daylight Saving Time setting you want to change.
 - Hold down (A) to toggle Daylight Saving Time (DST indicator displayed) and Standard Time (DST indicator not displayed).
- The **DST** indicator will appear on the display whenever you display a city code for which Daylight Saving Time is turned on.

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- Note that the DST/Standard Time setting affects only the currently displayed city code. Other city codes are not affected.

Swapping your Home City and World Time City

You can use the procedure below to swap your Home City and World Time City. This changes your Home City to your World Time City, and your World Time City to your Home City. This capability can come in handy when you frequently travel between two cities in different time zones.

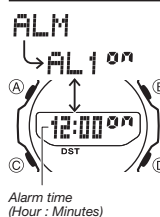
To swap your Home City and World Time City

- In the World Time Mode, use (D) to select the World Time City you want.
- Hold down (A) and (B) until the watch beeps.
- This will make the World Time City you selected in step 1 your Home City, and cause the hour and minute hands to move to the current time in that city. At the same time, it will change the Home City you had selected prior to step 2 your World Time City.
- After swapping the Home City and World Time City, the watch stays in the World Time Mode with the city that was selected as the Home City prior to step 2 now displayed as the World Time City.

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Alarm

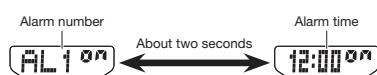


The Alarm Mode lets you configure five daily alarms. You also can use it to turn the Hourly Time Signal on or off.

- The watch beeps for about 10 seconds when an alarm time is reached.
- Turning on the Hourly Time Signal causes the watch to beep on the hour every hour.
- All of the operations in this section are performed in the Alarm Mode, which you enter by pressing (C) (page EN-13).

Alarm time (Hour : Minutes)

To set an alarm time



- In the Alarm Mode, use (D) to scroll through the alarm screens until the one whose time you want to set is displayed.

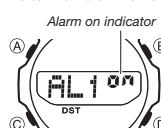


- The alarm screens are **AL1**, **AL2**, **AL3**, **AL4**, and **AL5**.

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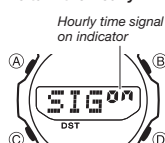
To turn an alarm on and off



- In the Alarm Mode, use (D) to select an alarm.
- Press (A) to toggle it on and off.

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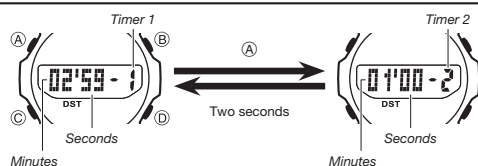
To turn the Hourly Time Signal on and off



- In the Alarm Mode, use (D) to select the Hourly Time Signal (**SIG**) (page EN-26).
- Press (A) to toggle it on and off.

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Timer



Dual timers can be set with two different starting times. The watch can be configured so the two timers alternate, so when one reaches the end of its countdown, the other timer starts. You can specify a "number of repeats" value from 1 (once) to 10 (ten times), which controls how many times the two-timer countdown operation is performed. The starting time of each timer can be set in five-second steps up to 99 minutes, 55 seconds.

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The watch emits a short beep whenever either of the timers reaches the end of its countdown during an ongoing timer operation. The watch emits a 5-second beep when the end of the final timer operation (specified by the number of repeats) is reached.

- All of the operations in this section are performed in the Timer Mode, which you enter by pressing **C** (page EN-13).

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Countdown End Beeper

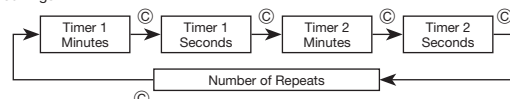
The countdown end beeper lets you know when the countdown reaches zero. The beeper stops after about five seconds or when you press any button.

To configure the countdown timer



1. While the countdown start time is on the display in the Timer Mode, hold down **A** until the current countdown start time starts to flash, which indicates the setting screen.
 - If the countdown start time is not displayed, use the procedure under "To use the countdown timer" (page EN-34) to display it.

2. Press **C** to move the flashing in the sequence shown below to select other settings.



3. When the setting you want to change is flashing, use **D** and **B** to change it as described below.

Setting	Screen	Button Operation
Minutes, Seconds	00:00	Use D (+) and B (-) to change the setting.
Number of Repeats	05 10	Use D (+) and B (-) to change the setting.

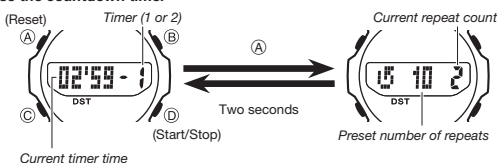
- To disable either timer, set 00:00 as its countdown start time.

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4. Press **A** to exit the setting screen.

To use the countdown timer



Press **D** while in the Timer Mode to start the countdown timer.

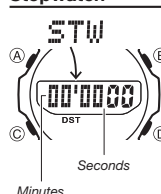
- Pressing **A** while a countdown is in progress will display the repeat count (current repeat count/preset number of repeats). The ongoing countdown will reappear automatically after about two seconds.

- The countdown is performed by alternating between Timer 1 and Timer 2. A short beep is emitted to signal a changeover from one timer to the other.
- Pressing **A** while a countdown timer is stopped resets that time to the start time specified by you.
- Press **D** to pause a countdown. Press **D** again to resume.
- The watch emits a 5-second beep when the end of the final timer operation (specified by the number of repeats) is reached.
- Even if you exit the Timer Mode, the countdown timer operation continues and the watch beeps as required.
- To stop a countdown operation completely, first pause it (by pressing **D**), and then press **A**. This returns the countdown time to its starting value.

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Stopwatch



The stopwatch lets you measure elapsed time, split times, and two finishes.

- The display range of the stopwatch is 59 minutes, 59.99 seconds.
- The stopwatch continues to run until you stop it. If it reaches its limit, it restarts from zero.
- Exiting the Stopwatch Mode while a split time is frozen on the display clears the split time and returns to elapsed time measurement.
- The stopwatch measurement operation continues even if you exit the Stopwatch Mode.
- All of the operations in this section are performed in the Stopwatch Mode, which you enter by pressing **C** (page EN-13).

To measure times with the stopwatch

Elapsed time



Split Time

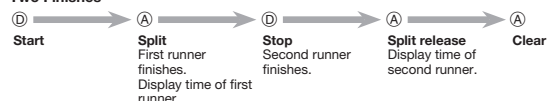


- The split time screen alternates between a split indicator (**SPL**) and the split time at two-second intervals.

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Two Finishes



Illumination



An LED (light-emitting diode) illuminate the display for easy reading in the dark.

To illuminate the display

- In any mode (except when a setting screen is on the display), press **B** to turn on illumination.
- You can use the procedure below to select either 1.5 seconds or 3 seconds as the illumination duration. When you press **B**, the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting.

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To specify the illumination duration



1. In the Timekeeping Mode, hold down (A) until the display contents start to flash. This is the setting screen.
2. Press (C) 10 times until the current illumination duration setting (LT1 or LT3) appears.
3. Press (D) to toggle the setting between LT1 (approximately 1.5 seconds) and LT3 (approximately 3 seconds).
4. Press (A) to exit the setting screen.

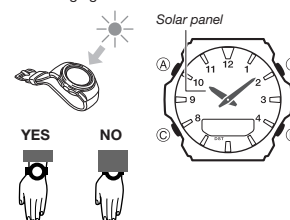
EN-40

Power Supply

This watch is equipped with a solar panel and a rechargeable battery that is charged by the electrical power produced by the solar panel. The illustration shown below shows how you should position the watch for charging.

Example: Orient the watch so its face is pointing at a light source.

- The illustration shows how to position a watch with a resin band.
- Note that charging efficiency drops when any part of the solar panel is blocked by clothing, etc.
- You should try to keep the watch outside of your sleeve as much as possible. Charging is reduced significantly if the face is covered only partially.



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Important!

- Storing the watch for long periods in an area where there is no light or wearing it in such a way that it is blocked from exposure to light can cause rechargeable battery power to run down. Be sure that the watch is exposed to bright light whenever possible.
- This watch uses a rechargeable battery to store power produced by the solar panel, so regular battery replacement is not required. However, after very long use, the rechargeable battery may lose its ability to achieve a full charge. If you experience problems getting the rechargeable battery to charge fully, contact your dealer or CASIO distributor about having it replaced.
- Never try to remove or replace the watch's rechargeable battery yourself. Use of the wrong type of battery can damage the watch.
- The current time and all other settings return to their initial factory defaults whenever battery power drops to Level 5 (pages EN-44 and EN-45) and when you have the battery replaced.
- Turn on the watch's Power Saving function (page EN-54) and keep it in an area normally exposed to bright light when storing it for long periods. This helps to keep the rechargeable battery from going dead.

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To check the current battery level

When the battery level is at Level 1 (HI) or Level 2 (MID), the corresponding battery level indicator (HI or MID, page EN-12) will appear only if you press (C) in the Timekeeping Mode. For other battery levels, the applicable indicator appears automatically.

Battery level indicator



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- The battery level indicator shows the current power level of the rechargeable battery.

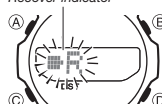
Level	Battery Level Indicator	Function Status
1	HI	All functions enabled.
2	MID	All functions enabled.
3	LO (Charge Soon Alert)	Key operation tone, alarm, Hourly Time Signal, and illumination disabled.
4		All hands stop at 12 o'clock. All operations disabled.
5		All functions, including timekeeping, disabled and initialized.

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- The ■LQ indicator at Level 3 tells you that battery power is very low, and that exposure to bright light for charging is required as soon as possible.
- At Level 5, all functions are disabled and settings return to their initial factory defaults. Once the battery reaches Level 2 after falling to Level 5, reconfigure the current time, date, and other settings.
- Display indicators reappear as soon as the battery is charged from Level 5 to Level 2.
- Leaving the watch exposed to direct sunlight or some other very strong light source can cause the battery power indicator to show a reading temporarily that is higher than the actual battery level. The correct battery level should be indicated after a few minutes.

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Recover indicator



- Performing illumination, or beeper operations during a short period may cause ■R (recover) to appear on the display. After some time, battery power will recover and ■R (recover) will disappear, indicating that the above functions are enabled again.
- If ■R (recover) appears frequently, it probably means that remaining battery power is low. Leave the watch in bright light to allow it to charge.

Charging Precautions

Certain charging conditions can cause the watch to become very hot. Avoid leaving the watch in the areas described below whenever charging its rechargeable battery. Also note that allowing the watch to become very hot can cause its liquid crystal display to black out. The appearance of the LCD should become normal again when the watch returns to a lower temperature.

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Warning!

Some light sources and environments can cause the watch to become extremely hot during charging, which creates the risk of burn injury and damage to internal watch components.

Avoid charging the watch under conditions like the ones described below, where the temperatures may exceed 60°C (140°F).

- On the dashboard of a vehicle parked in the sun
- Near incandescent lamps, camera lights, halogen lamps, or other sources of heat
- In locations exposed to direct sunlight for long periods and other hot locations

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Charging Guide

The following table shows the amount of time the watch needs to be exposed to light each day in order to generate enough power for normal daily operations.

Exposure Level (Brightness)	Approximate Exposure Time
Outdoor Sunlight (50,000 lux)	8 minutes
Sunlight Through a Window (10,000 lux)	30 minutes
Daylight Through a Window on a Cloudy Day (5,000 lux)	48 minutes
Indoor Fluorescent Lighting (500 lux)	8 hours

- For details about the battery operating time and daily operating conditions, see the "Power Supply" section of the Specifications (page EN-60).
- Stable operation is promoted by frequent exposure to light.

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Recovery Times

The table below shows the amount exposure that is required to take the battery from one level to the next.

Exposure Level (Brightness)	Approximate Exposure Time				
	Level 5	Level 4	Level 3	Level 2	Level 1
Outdoor Sunlight (50,000 lux)		3 hours		35 hours	10 hours
Sunlight Through a Window (10,000 lux)		10 hours		130 hours	35 hours
Daylight Through a Window on a Cloudy Day (5,000 lux)		16 hours		211 hours	57 hours
Indoor Fluorescent Lighting (500 lux)		189 hours		—	—

- The above exposure time values are all for reference only. Actual required exposure times depend on lighting conditions.

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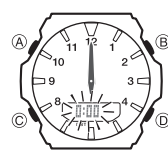
Adjusting Home Positions

Strong magnetism or impact can cause the hands of the watch to be off. If this happens, perform the applicable home position adjustment procedures in this section.

- Hand home position adjustment is not required if the analog time and digital time are the same in the Timekeeping Mode.

To adjust home positions

- In the Timekeeping Mode, hold down (A) for about five seconds. You can release the button after "H.SET" appears on the display.
 - Though "ADJ" will appear on the display after about two seconds, do not release the button yet. Keep it depressed until "H.SET" appears.



Correct hour and minute hand positions

- The hour and minute hands should move to 12 o'clock (their home position), and "0:00" will flash on the display.
- If the hour and minute hands are not at 12 o'clock, use (D) (+) and (B) (-) to move them there.
- Holding down either button will cause the hands to move at high speed. Once started, high-speed hand movement will continue even if you release the button. To stop high-speed hand movement, press any button. High-speed hand movement started with the (D) (+) button will stop automatically after 12 revolutions of the minute hand. If started with the (B) (-) button, it will stop after one revolution of the minute hand.

- After everything is the way you want, press (A) to return to the Timekeeping Mode.
- After performing home position adjustment, enter the Timekeeping Mode and check to make sure that the analog hands and the digital display indicate the same time. If they do not, perform home position adjustment again.

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Reference

This section contains more detailed and technical information about watch operation. It also contains important precautions and notes about the various features and functions of this watch.

Button Operation Tone

The button operation tone sounds any time you press one of the watch's buttons. You can turn the button operation tone on or off as desired.

- Even if you turn off the button operation tone, alarms, the Hourly Time Signal, and other beepers all operate normally.

To turn the button operation tone on and off

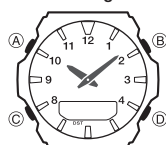


- In the Timekeeping Mode, hold down (A) for about two seconds, until "ADJ" appears on the display.
 - Your current Home City code will be flashing on the screen.
- Press (C) nine times until the current button operation tone setting (KEY or MUTE) appears.
- Press (D) to toggle the setting between KEY (tone on) and MUTE (tone off).
- Press (A) to exit the setting screen.

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Power Saving Function



The Power Saving function enters a sleep state automatically whenever the watch is left in an area for a certain period where it is dark (except if the watch is in the Stopwatch or Timer mode). The table below shows how watch functions are affected by the Power Saving function.

Elapsed Time in Dark	Display	Operation
60 to 70 minutes	Blank	All functions enabled, except for the display
6 or 7 days		<ul style="list-style-type: none"> Beeper tone, illumination, and display disabled Analog timekeeping stopped at 12 o'clock

- Wearing the watch inside the sleeve of clothing can cause it to enter the sleep state.
- The watch will not enter the sleep state between 6:00 AM and 9:59 PM. If the watch is already in the sleep state when 6:00 AM arrives, however, it will remain in the sleep state.

To recover from the sleep state

Perform any one of the following operations.

- Move the watch to a well-lit area.
- Press any button.

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Auto Return Features

- If you leave the watch in the Alarm Mode, or with the battery level indicator displayed for two or three minutes without performing any operation, it automatically returns to the Timekeeping Mode.
- If you leave the watch with a flashing setting on the display for two or three minutes without performing any operation, the watch automatically exits the setting screen.

Scrolling

The (B) and (D) buttons are used in various modes and setting screens to scroll through data on the display. In most cases, holding down these buttons during a scroll operation scrolls through the data at high speed.

Initial Screens

When you enter the World Time Mode or Alarm Mode, the data you were viewing when you last exited the mode appears first.

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Specifications

Accuracy at normal temperature: ± 30 seconds a month

Digital Timekeeping: Hour, minutes, seconds, p.m. (P), month, day, day of the week

Time system: Switchable between 12-hour and 24-hour formats

Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099

Other: Home city code (can be assigned one of 48 city codes); Daylight Saving

Time (summer time)/Standard Time

Analog Timekeeping: Hour, minutes (hand moves every 20 seconds)

World Time: 48 cities (31 time zones)

Other: Standard Time/Daylight Saving Time (summer time)

Alarm: 5 daily alarms; Hourly Time Signal

Timer:

Number of timers: 2 (one set)

Setting unit: 5 seconds

Range: 99 minutes 55 seconds each timer

Countdown unit: 1 second

Number of repeats: 1 to 10

Other: 5-second time up beeper

Stopwatch:

Measuring unit: 1/100 second

Measuring capacity: 59'59.99"

Measuring modes: Elapsed time, split time, two finishes

Illumination: LED (light-emitting diode); Selectable illumination duration

Other: Battery level indicator; Power Saving; Button operation tone on/off; 6 languages for day of the week

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CASIO®

Power Supply: Solar panel and one rechargeable battery (Type: CTL920)
Battery nominal voltage: 2.3V
Approximate Battery Operating Time
10 months (from full charge to Level 4 when the watch is not exposed to light)
under the following conditions:
• Display on 18 hours per day, sleep state 6 hours per day
• 1 illumination operation (1.5 seconds) per day
• 10 seconds of alarm operation per day

Frequent use of illumination can shorten battery operating time.

City Code Table

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City Code Table

City Code	City	UTC offset/ GMT Differential
PPG	Pago Pago	-11
HNL	Honolulu	-10
ANC	Anchorage	-9
YVR	Vancouver	-8
LAX	Los Angeles	-8
YEA	Edmonton	-7
DEN	Denver	-7
MEX	Mexico City	-6
CHI	Chicago	-5
NYC	New York	-5
SCL	Santiago	-4
YHZ	Halifax	-4
YYT	St. Johns	-3.5
RIO	Rio De Janeiro	-3
FEN	Fernando de Noronha	-2

City Code	City	UTC offset/ GMT Differential
RAI	Praia	-1
UTC		
LIS	Lisbon	0
LON	London	
MAD	Madrid	
PAR	Paris	+1
ROM	Rome	
BER	Berlin	
STO	Stockholm	
ATH	Athens	+2
CAI	Cairo	
JRS	Jerusalem	
MOW	Moscow	+3
JED	Jeddah	
THR	Tehran	+3.5

City Code	City	UTC offset/ GMT Differential
DXB	Dubai	+4
KBL	Kabul	+4.5
KHI	Karachi	+5
DEL	Delhi	+5.5
KTM	Kathmandu	+5.75
DAC	Dhaka	+6
RGN	Yangon	+6.5
BKK	Bangkok	+7
SIN	Singapore	
HKG	Hong Kong	+8
BJS	Beijing	
TPE	Taipei	
SEL	Seoul	+9
TYO	Tokyo	
ADL	Adelaide	+9.5

City Code	City	UTC offset/ GMT Differential
GUM	Guam	+10
SYD	Sydney	
NOU	Noumea	+11
WLG	Wellington	+12

- Based on data as of July 2024.
- The rules governing global times (UTC offset and GMT differential) and summer time are determined by each individual country.

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